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Practice and problems associated with menstrual hygiene among homemaker women of reproductive age residing in a selected ward of Dharan, Sunsari, Nepal

Angur Devi Dhital, Pokharel M and Shrestha M

B P Koirala Institute of Health Sciences Dharan, Nepal

Introduction & Aim: Menstruation is a part of the female reproductive cycle that starts at the time of puberty. Any faulty belief or pertaining to menstruation will affect the health of large number of women in reproductive age group. The aim of the study were to assess practices and problems associated with menstrual hygiene among homemaker women of reproductive age residing in the selected ward of Dharan sub-metropolitan city and to find out the association between practices and problems associated with menstrual hygiene with the selected socio-demographic variables.

Method: Descriptive cross-sectional study design was used to conduct the study. Total 110 respondents meeting the eligibility criteria were included in the study using non-probability purposive sampling technique. Data were collected using semi-structured interview questionnaire. The data were entered in excel and analyzed using SPSS.

Result: About half i.e. 56 (50.9%) of the respondents were between 21-30 years. Majority i.e. 86 (78.2%) of the respondents was Hindu and 88 (80%) of respondents were literate. Almost entire i.e. 108 (98.2%) respondents were married. More than half i.e. 60 (54.5%) of the respondents had inadequate practices and about 78 (70.9%) of the total respondents experienced problems associated with menstrual hygiene.

Conclusion: The socio-demographic characteristics like age and educational status were only associated with practice regarding menstrual hygiene among the women of reproductive age residing in ward no-5, Dharan Sub-Metropolitan City.

Biography

Angur Devi Dhital has her expertise in community health nursing and reproductive health in improving the health and wellbeing of common people. Her research and publications related to her expertise have contributed to the nursing science and education. She has experience of research, evaluation, teaching and administration both in community and education institution. Her most favored professional interest is teaching the nursing students of both bachelor and master levels.

angurbadhu2018@gmail.com

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